



AFTERSCHOOL PROGRAMS: Fun Physical Activity



Name of Activity: Me and My Bean Bag

Grade Level: K-2

Equipment

- 1 beanbag per student

Skills Emphasized:

- Spatial Concepts
- Movement Skills

Organization

- Students are scattered in self-space within boundaries, each with a bean bag.

Description

- Students take cues from the teacher to practice various skills with beanbags.
- Challenge students with the following:
 - Get over your beanbag. In front of it. Behind it. To the left of it. Now to the right of it.
 - Jump around the beanbag. Hop on one foot around it. Hop over it. Leap over it. Jump backward over it. Jump forward.
 - Touch the beanbag with one body part and move it in a circle around it. Try a different body part and a different direction.
 - Pick up the beanbag without using your hands. Try another way.
 - Put the beanbag on top of your foot and try to "toss" it to yourself. Can you go higher and still catch it? Can you do it using your knee? How about your elbow?
 - Pretend your beanbag is a roll of mummy wrap. Start at your toes and wrap yourself from toe to head in the "wrap." Now unwrap.

Teaching Suggestions

- Do not stay on any one task for too long. Watch students for cue when to move on. Keep things moving and challenging.
- Point out students who are doing it well, and those who are using creativity.

Variations

- Any object can be used. A hoop can be lots of fun. (Just change the name of the game).
- After you have done it once or twice, have students call out the instructions.



Provided by: Eileen Avato

Used with permission from FlagHouse, Inc. and the CATCH Program

June 2012

ShapingNJ, The State Partnership for Nutrition, Physical Activity and Obesity Prevention

www.ShapingNJ.gov